

The

OCT
86

Poisoned Pumpkin Special

Harvest

WORLD FOOD DAY 1986

by Henry Garino and Fred Whoriskey

This year Macdonald College will celebrate World Food Day (WFD) for the sixth consecutive year, commemorating the creation of the Food and Agriculture Organization of the United Nations. A variety of events will be carried out on our Campus with the purpose of sensitizing students and staff to the world problems of hunger and related food and agricultural issues.

Macdonald College is an active member in both the National and Provincial World Food Day Organizations. This year the School of Dietetics and Human Nutrition and Agricultural sciences, which is part of our Faculty, contributed two fact sheets for inclusion in the nationally distributed kits.

Our modus operandi in the preparation of events for WFD has been to create a WFD committee composed primarily of students majoring in Dietetics and Human Nutrition and Agricultural sciences, coordinated by academic staff.

This Committee begins to work early in September, by planning events and recruiting volunteers to carry them out.

The major activities planned for this year consist of displays, conferences, nutrition games and fund or food drives for specific projects. Displays will be set up by Dietetics and Human Nutrition students, Agriculture students and the local CUSO student group. They deal with issues such as nutritive value of fish to the human diet, fish preparations, economic contributions of the fish industry to the National

economy, and special workshop led by Dr. Stuart Hill on "bridging the gap" between awareness and commitment related to the world food situation. A special food drive will be launched again to collect food for the Montreal Diet Dispensary, to be distributed to Montreal pregnant women of low income. This drive focuses the attention of students and staff on the fact that here in Montreal we also have hunger and malnutrition.

A special conference will take place on October 16th with 2 guest speakers: Dr. Wayne Hunt, Director of the Belair Research Institute in Barbados which is a McGill Institute dealing with fisheries and oceanography and Mr. Yibo Cui, a Senior Fisheries Research Scientist from China.

Other conferences are being planned for October 14 and 15 to deal with development issues.

CBC Radio NOON has been invited to do their live show from the Macdonald-Stewart Foyer and the final arrangements are being dealt with.

The theme of this year's World Food Day is fisheries. The word fisheries refers to a lot more than just fish; typically harvests of animals such as seals, whales, crabs, lobsters, seaweed and other products from both fresh and salt water are included in this definition. This diverse group does have one thing in common; that is, when they are managed properly they can provide a valuable food commodity and economic return in a renewable fashion.

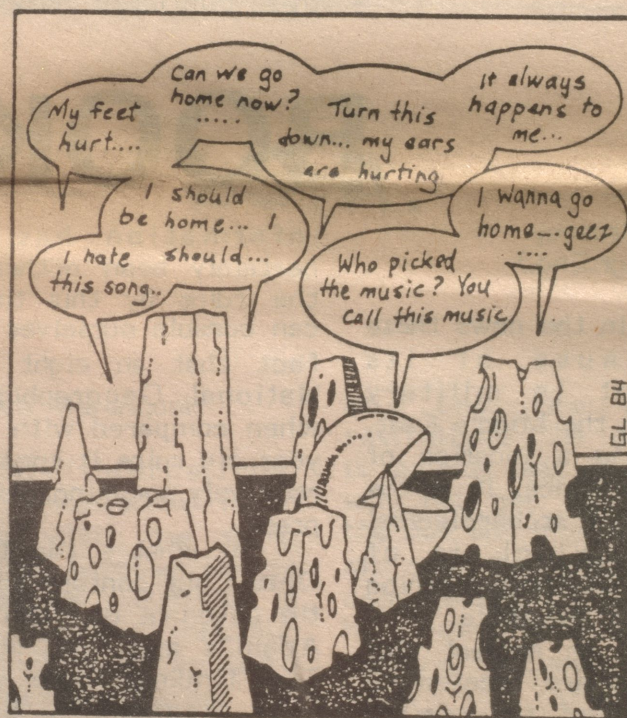
The great tragedy of current fisheries practices all over the world is the fact that poor

management plans are destroying resources which should be renewable.

The scale and scope of fisheries have changed considerably over the years. While simple, very productive

artisanal fisheries still exist in some parts of the world, in the developed countries fishing has become a high-technology science. Mobile processing ships accompany high seas fleets to process the catches

(cont'd on p.7)



WHINING CHEESE PARTY...

ingredients

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?-THE QUESTION MARK-?

MAKING A CHOICE

by Lisa Schmidt

Since the first spoken word, and even before, humans have attempted, in the course of history, to classify various objects and concepts into different categories, opposing extremities more often than not. Examples of this include liberalism versus conservatism, health vs sickness, and perhaps in an ultimate sense, good vs bad. The problem that presents itself, however, is that we allow little room for both, that we have made these concepts mutually exclusive. This dicotomy is introduced in just about every situation we encounter and deciding where we fit, as individuals, becomes one of the major struggles in our lives.

Our education system, if viewed in terms of opposing entities, is based, to a large

extent, on the conflict of art vs science, or in a global sense, of creativity and expression vs logic and practicality. At the elementary level, the curriculum consists mainly of arts, because they are "the easy thing to do", kidstuff, keeping us busy until we are old enough to go on to more important topics: math and grammar. The student has little to say about what he/she likes and is often discouraged from drawing the tree in any other colors than green and brown. At the highschool level, the conflict presents itself under the guise of choosing between an extra physics course or a currents course. In CEGEP, it becomes quite distinct: social studies vs health and pure sciences. The path has thus forked at this point and furthering our education at the university level is in one of these two basic categories. It

would appear, therefore, that we are taught from the very beginning to be very controlled and restrained in our artistic endeavors and that this attitude, which is expected in our society, is fostered and fed to us through our schools.

At what point do we choose, or has society made the choice for us? Studying philosophy, history or psychology is what the "artsies" do, the directionless people, "why are they doing it if there are no jobs for them when they are finished?" we ask. We have made these choices intimidating by labelling the individual based on his/her character. The student in science becomes a good student because he/she is conforming to the standard and becomes the career-person, assertive, intelligent, and will be rewarded with a job, not because he/she is competent

but because he/she studied the right thing. Obviously, this is an exaggerated way of putting it, but it is to make a point. The issue here is that we are taught to have a reason for everything, we justify why we choose one over the other, rarely acknowledging that there does exist the possibility of merging the two, that they can perhaps act as synergists for one another. This is where the problem is: we are letting the standard of our society decide what we are instead of defining it ourselves, and consequently limiting ourselves to the finite world of our major. Should we not have the option of combining the two, making our own choice? Is it not about time that we stop justifying our choices and simply follow our varied interest? When will we finally be able to not fear disapproval?

BOOK NOTES

by Mark McBratney
M.Sc.1 (Agr.Eng.)

Syria is in the news these days because of its involvement in military happenings in the Middle East.

Besides being a location of military importance, it is the site of a recent archaeological discovery which is of significance to those wishing to know about the Bible.

Ebla was an ancient city and its ruins are located to the southwest of the present day city of Aleppo. My information about Ebla comes from the December 1978 issue of National Geographic. In that issue Howard LaFay wrote an article entitled "Ebla: Splendor of an Unknown Empire". Although more

information has almost certainly been gathered from the ruins by this time, we can console ourselves with the fact that an eight year old National Geographic article, when compared with the 4300 year old ruins it speaks of, is, relatively speaking, hot off the press.

So what's the big deal? Does Ebla contain the ark of the covenant or Noah's ark or Adam's apple? Not quite. The findings were somewhat less dramatic, but still significant. It seems that the names Ab-ra-mu, E-sa-um, Sa-u-lum and Da-u-dum were in use in Ebla.

The Bible speaks of a man named Abram whom God renamed Abraham (Genesis 17:5). One of his grandsons

had the name Esau (Gen. 25:19-25) Esau's brother was named Jacob (Gen. 25:26), but he was renamed Israel (Gen. 32:28); hence the nation Israel.

About a thousand or so years later, the Israelites wanted to have a king and God gave them Saul (I Samuel 9:17). Saul's successor was David (I Sam. 16:13).

The records at Ebla were written long before these men lived, so the records do not prove the existence of these men. However, the records at Ebla corroborate the evidence given in the Old Testament that these names were in use in ancient history. This type of corroboration is important, because if it can be shown that the Old Testament writers were correct in their recording

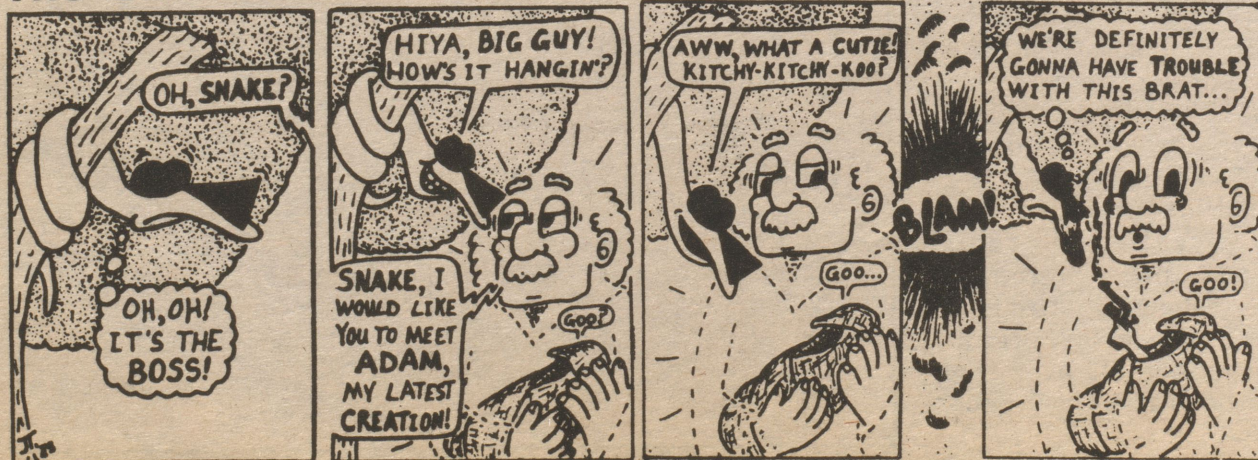
of historical data, some credibility is lent to their records of supernatural events and of interactions with a personal God.

Other evidence of this type was found at Ebla. Among the documents in the archive unearthed at Ebla, one can find mention of other ancient population centers. The names of two of these people: Sodom and Gomorrah.

These names are well known, but not as well liked. You see, the Old Testament teaches that, because of the sinfulness of their inhabitants, God brought Sodom and Gomorrah to a horrible end. (Genesis, chapters 18 & 19)

National Geographic and the Bible are both in the Mac library. The Bible is in the reference section and National Geographic is among the periodicals. If you would like to discuss these issues further, or if you do not know how to look up the Bible references, drop by MS-1-068 and see me.

The Garden



MACTUALITIES

HAVE YOU EVER WONDERED WHAT C.F.S.E.A. STANDS FOR?

by Beatrice & Mariam
Public Relations

Well, it stands for Canadian Food Service Executive Association. The Macdonald Junior organization is one of the most active nationally and this year fifteen executive members are working hard so that members benefit the most from it.

Executive members organizetours to a variety of industries and this allows the members to learn more about their field of study and, to see how in fact their future jobs are performed. These tours and senior meetings help also in making connections for summer or even permanent jobs.

Joining C.F.S.E.A. is a true, life-time experience... Stay tuned for the next edition of the Harvest: executive members will talk about their own experience and what they have gained from the association.

Members keep watching the C.F.S.E.A. board for upcoming events...

See you soon...

IMPORTANCE OF EARLY COURSE EVALUATION.

by Paul Gaudreau

This year, from the 13th to 17th of October, the Agricultural Undergraduate Society (A.U.S.) will be undertaking the process of Early Course Evaluation of all teaching staff. This evaluation is designed to help identify problems that could exist between students and teachers before the semester is over and it is too late to solve any of these problems.

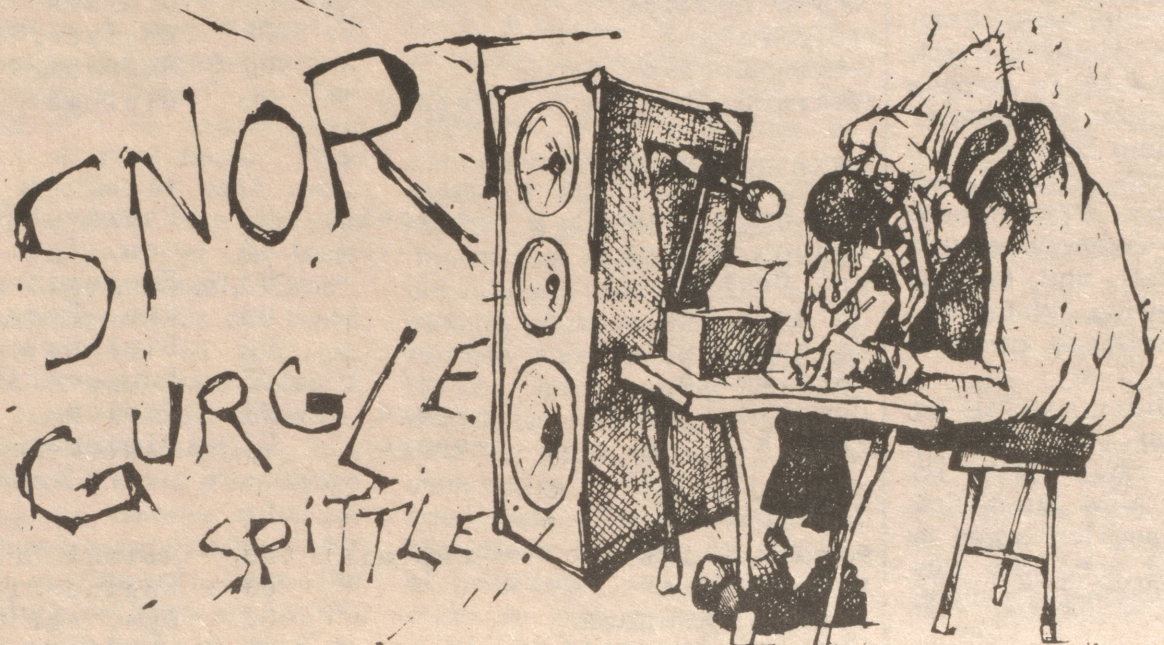
The A.U.S. executive will be distributing evaluation forms to all teaching staff. It will be their responsibility to distribute them to the students and it will be your responsibility to see that you receive one sheet per class. Then, return them to the boxes in the MS Foyer or at Harrison House. All evaluations will be typed and distributed back to the teachers for them to read, and make modifications to their courses if need be. In this way, your identity will never

be revealed to the teacher and these evaluations will always remain confidential.

Furthermore, the A.U.S. executive will also review this evaluation, and if it believes that there are major problems in one course or other, it will take a stand and defend the students' rights as far as it can. We, the executive of the A.U.S. take the time to organize this evaluation, you too should take the time to fill out these evaluation sheets.



THE "GUY AT THE BACK OF THE CLASS WITH
A COLD DURING A MID-TERM" PHENOMENON..



Graphic/ The Imprint

I.S.A.

by Alejandro Marangoni

The I.S.A. (International Student's Association) is an organization which has as an aim: To Bring Together People from Different Countries at Macdonald College (including Canada.). In order to learn about different cultures, the organization has always been very active. Our main pride is the International Evening, a musical-artistic-dancing festival on November 20th to which more than 400 people attended last year. This year, we are also organizing a film festival for January & February 1987, and a Musical Evening on March 19th.

A newly elected executive is in charge of the activities,

and the new blood has revitalized the organization. It sounds exciting ... So, why not get involved. Join the ISA and meet people from all over the world. It is an opportunity to expand your horizons and show your cultural values. ISA needs you, as YOU are the organization. We need new International members, new Canadian members for the events and social interchange.

Meetings are scheduled every second wednesday, beginning on the 24th of September, at 8:00 P.M. in the Laird Hall party room. Check out the MacMouthpiece for more information. Let's make this year the best in our history ...

staffbox



Lucie Bissonnette
François Blain
Denis Frenette
Patrice Godin
Typist: Marie-Josée Campbell

SPORTS

WOODSMEN 1986-1987

by Craig Fawcett

Last Saturday, the 4th of October, the Macdonald Woodsmen were at a competition in Unity, Maine.

For the last three weeks the 2 men's teams and the women's team have been practicing five times a week from 6 until 8 A.M. to prepare for this, the first of possibly five competitions this year.

Along with our beloved coach Johnny Watson, we bused down to compete in such events as Fell and twitch, Cross-cut sawing, Waterboil, and Quarter-split to name a few.

After Unity, we'll be travelling on the 25th of October to UNB in Fredericton, New Brunswick for their competition which is always a great one. For this we are road-tripping, which

The members of the teams are as follows:

MENS 'A' TEAM

Kelley Allen	-captain	U3	Gen. Agr.
Craig Fawcett		U3	Engineering
Bruce Thompson		U3	Gen. Agr.
Alain Rouleau		U2	Diploma
Wilf Kaiser		U3	Engineering
Alain Menard		U2	Microbiology
Andreas Gabriel	-spare	U2	Diploma

MENS 'B' TEAM

Ian Mackinnon	-captain	U3	Engineering
Duncan Fraser		U3	Gen. Agr.
Pat Doohan		U3	Economics
Michael Gee		U3	Ren. Resources
Brian Wright		U2	Diploma
Ward Smith		U3	Engineering
Domenic Lauzon	-spare	U1	Diploma
Rene Roy	-spare	U1	Diploma

WOMENS TEAM

Rita Byvelds	-captain	U3	Animal Sc.
Lisa Curwin		U3	Engineering
Janine Thompson		U2	Gen. Agr.
Delly Rogers		U3	Wildlife
Claudette Garrison		U3	Animal Sc.
Andrea Roper		U1	Animal Sc.
Kelly MacLellan	-spare	U3	Wildlife
Lynn Robinson	-spare	U1	Diploma

allows fellow students and friends to travel with us to watch, support and share in the festivities. \$30.00 will get you a return seat on the bus if you would like to join us. If so, please sign up on the list in Harrison House which will be posted soon.

If you have any questions, feel free to ask a Woodsman or any of the executive:

President - Kelley Allen
Vice-President - Lisa Curwin
Sec. Treasurer - Ian MacKinnon

We invite you to get involved because we are funded by your Athletic Dollars and are our only Inter-Varsity team representing your College. If you can't join us on a road trip then you can prepare to help and support our own competition in January. More on this later, but for now "SABORSKI".

THE COACH'S CORNER

by Francois Blain

Thought I was gone, eh. Well, no, I'm now a dreaded post-grad. After writing this column for the past year and a half, I just couldn't stop.

For all the first year students, let me introduce this column by saying that its main concern is with intramural sports at Mac. If somebody else wants to write about the Canadiens, the Expos or the Alouettes (now, who would want to write anything about the Alouettes), feel free to do so.

Since this is just the beginning of the year, I still don't have much to report on, so I'll start by talking about the Athletic's Office. The director of the office is Bill Ellyett; he's the one who knows everything about everything, but he deals mostly with intramurals. Instructional courses are coordinated by Don Moffat; instructionals include activities such as fitness workout (probably the crowd's favorite), aerobic dance, swimming, etc... Finally, the nice person that greets you when you come in the Office is Sylvia Cristofaro, the

office's secretary.

Now that you know the family, Bill has reminded me to mention a few important points to the readers. Firstly, this year marks an attempt to revive the Macdonald's student athletic board which consists of 1 representative per level (U1, U2, U3, DIP, PGSS, Staff) and Bill himself. These people would meet about once a month to evaluate the programs offered this year and what could be done to improve them the following year, as well as discuss such issues as Referee pay, etc... If you're interested in representing your level on this board, please see Bill as soon as possible. We only have a rep for the PGSS, so let's get goin' folks. Secondly, Athletics is still looking for people to look after some activities such as Sunday free skate; so again, if you're interested see Bill at the Office.

O.K., let's turn to intramurals now. I have to remind everyone that Pierre Langlois, the guy in charge of Sunday night curling, is still looking for players. No need to be an experienced curler. If you are interested you can see Pierre in room MS3-016.

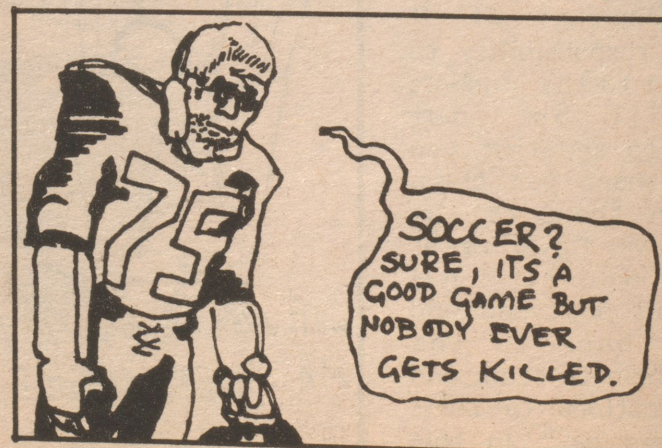
Currently, there are 3

major activities going on: soccer, softball and the tennis championships. I'll only report on tennis when I've got the winners' names, so let's start with soccer. The league is made up of 6 teams, a very good turnout. Staff and International United are tied for first with 5 points (1 win, 1 tie), followed by Makatak, Club Sandwich and Our Team with 4, and Young and the Restless with 2. The leading scorer is no other than International United's captain, M. Meuller, who has already put 6 balls in the net for his team. It's still pretty early to make predictions, but he certainly looks good at the

moment.

Looking at softball, again we find a good total of 6 teams: Staff led by lefty slugger Stuart Willox, leads with 6 points followed by Fifty with 5, Swampies and Earwigs (hey, that's my team) with 3, Thorns (an all-women team) with 2 and Trypbusters with 1. Earwigs and Trypbusters both have a game in hand. It's a promising start and I hope it'll stay that way.

Well, my time is up for this month, but before I leave I want to say that it's a pleasure to be back and that pretty soon, you should be able to read my weekly reports on the MS bulletin board.



—AH NON, PAS ENCORE!—

par Louis Lavue

Mes biens chers lecteurs, l'heure est grave. Il est grand temps que quelqu'un réagisse. Rappelons les faits: il y a quelques années, la compagnie Coca-Cola mettait sur le marché un breuvage révolutionnaire, mieux connu sous le nom de Coke. Grâce à l'addition de Cocaine ou "coke" (d'où le nom), ceux qui y goûtaient y revenaient souvent victime d'une sorte de dépendance psychopathétique.

Heureusement, faisant partie d'une campagne anti-drogue, les gouvernements y ont mis la hache, et la dite compagnie dû remplacer le célèbre ingrédient, jusque-là essentiel, par de la caféine, qui, avouons-le, fut un digne remplaçant.

Mais voici que la technologie chimique, ainsi que les talents expérimentaux des utilisateurs de cette petite poudre aidant, on peut

maintenant la trouver sous plusieurs formes, plus cosmiques les unes que les autres. Eh bien chers lecteurs, la guerre contre la drogue doit se poursuivre. Une certaine compagnie, (que je ne nommerai pas pour les circonstances), inclu en tant qu'ingrédient une forme de cette neige, maintenant connue sous le nom de "crac", qui j'en suis sûr n'a de secret pour personne d'entre nous. Vous devez d'ores et déjà avoir deviné, je parle bien sûr des "Rice Krispies" et de leurs fameux "Cric", "Crac", "Croc".

Evidemment, ils ont tenté de camoufler le tout en incluant la substance entre 2 mots tout à fait anodins. Mais leur futile tactique n'a pas échappé à l'oeil d'un lézard aux aguets comme celui de votre humble serviteur. Il est temps de réagir, car les émanations néfastes du "crac", tout de suite après le "cric" et avant le "croc" accumulent

un nombre de victimes sans cesse grandissant.

Selon mes recherches personnelles, l'effet du "crac" ne se manifeste qu'en présence de lait, ce dernier déclenchant une réaction en chaîne qui va comme suit:

"cric", "crac", "croc", "cric", ...etc. jusqu'à ce que le lait coagule en petits motons mauves. Maintes et maintes fois, les adeptes, sous prétexte de chercher la petite surprise dans le fond de la boîte, sniffent à pleines narines cette mixture de pêtages de cellules cervicales. Beaucoup d'entre eux ne peuvent commencer la journée sans cette drogue et ils la consomment comme excellente source de vitamines lors du petit déjeuner, entre deux roties de miel de hashish, une sorte d'abeille dont les sécrétions séchées se fument et produisent un certain effet chez le consommateur; mais c'est une toute autre histoire.

Le plus triste là-dedans,

c'est que plusieurs innocents qui trouvent amusant d'écouter le bruit que font ces céréales ne se rendent pas compte qu'ils sont victimes de ce fléau. Dormir dans un garde-robe, sortir les vidanges un dimanche après-midi, rire à l'émission "Casse-Tête", donner du kaopectate à son chat, avoir un chat constipé, sont tous des signes d'un drogué au "crac". Si vous connaissez quelqu'un qui semble avoir ces symptômes communiquez avec A.P.D.C. (Association Protectrice Des Cracpots). Ils sauront vous aider.

Ne laissez pas la drogue mener le monde, l'argent s'en occupe. Un esprit sain dans un corps sain, mieux vaut tard que jamais, jamais 2 sans 3, un chien vaut mieux que 2 p'tits aras, mais à jouer avec le feu, on finit par allumer une cigarette, qui d'ailleurs sera le sujet de ma prochaine colonne.

M.U.C. POLICE

by L.C.

It's enough to drive you crazy, the MUC police announced a couple of weeks ago that they are considering taking demerit points off drivers who are caught not wearing seatbelts. Now, nobody is complaining about the demerit system when drivers surn amok, hitting old ladies while piss drunk, running into school children getting off-buses; even driving down the 2 and 20 at 100 miles/hour can be sort of regarded as hazardous to the health of others. And here I stress the word "others". But who is the police force to tell individuals to buckle up, this is a complete disregard of the basic human right to autonomy, if I want to drive headlong into a pillion and put my head through the windshield, let me do it, I'm not hurting anyone else. I have a social obligation to my fellow neighbor but as far as my own person goes, please Monsieur le Constable, mind your own bloody business.

TOOLS FOR PEACE FOR NICARAGUA

by Tony Halepli

of the Social Justice Committee of Montreal

submitted by: Judith Brisson (U2 plant science)

For one more year, there will be a tool for peace campaign and this year's is of an exceptional importance. Tools for Peace, a term familiar to most of us is a Canada-wide campaign with two main objectives: collecting and shipping essential goods to Nicaragua and informing the Canadian public about the current situation in Nicaragua.

As mentioned above, this year's Canadian aid will be of very special value since the Reagan administration appears to be obsessed with the idea of returning Nicaragua to the repressive days of the former dictator Somoza. His ex-National-Guards now presented as "Contras" were recently granted 100 million

U.S. dollars including military support (and that approved by the U.S. House of Representatives) to bring "democracy" back to Nicaragua.

Tools for Peace is a coalition of several groups taking a genuine interest in helping the development of Nicaragua. There are trade unions, women's organizations, religious groups, student-youth organizations, third world aid groups and of course hundreds of warm-hearted individuals. In Nicaragua, Tools for Peace is sharing offices whereas in the Montreal area SUCO extended its hand. Some private enterprises too have shown support. Three transportation companies have offered to ship the collected goods across the country to British Columbia at no charge. From there on, TOOLS for Peace will be paying \$2000 U.S. per container to ship the goods to Nicaragua's Pacific coast. There are hopes that by next year, there will be another collection port in eastern Canada to serve the

Atlantic coast of Nicaragua.

There are almost a hundred regional collection stations actively participating in the campaign. In Montreal the coordinators are Josee and Suzanne (tel: 288-3412) and to quote them: "a great deal more people with some spare time are needed." A large warehouse with garage access has been rented at 3700 St-Dominique. Now, it's up to the volunteers, to each one of us to carry in our contributions towards a better tomorrow for the Nicaraguan people.

How can we support the 6 National Popular Projects on which the national crusade to rebuild Nicaragua is based?

These 6 projects are: 1) Agriculture: boots, shovels, axes, files 2) Labor: hammers and saws 3) Education: pencils and notebooks 4) Displaced people: blankets 5) Women: sanitary napkins 6) Health: gauze, adhesive tape, antiseptics.

(cont'd on p.7)

BON MOT

NON SEQUITUR

by Lisa

It seems that the Harvest doesn't want to worry anyone with talk of nuclear disarmament or the plight of the human race, since we all spend out time worrying about midterms anyway. I must admit a combination of two would be enough to give anyone an anxiety attack let alone a troubled mind.

So here's the deal I won't bring up any socially tormenting issues unless they relate to agriculture, food or consumer sciences, I promise...maybe. Otherwise that leaves social events, fashion forecast, sports commentary or a gossip column. Sooo let's talk about school.

Has anyone been to Harrison House yet? You know, just to stick your nose in to see exactly what is going on there. I did, the other day, but I did so of guilt rather than anything else.

You see, this poor lost first-year student walked by me and figuring that I was a returning student (I suppose by the slightly crazed look in my eyes) asked what was in HH, I faltered... "Umm, ahh, I think, maybe something to do with somebody who is somehow involved in how the school works; at that I shut up, feeling very uncomfortable...like a poor lost second-year student.

Anyway to make a short story shorter, HH is going to be a lot of things but right now it is a lot of little rooms that smell enough of paint fumes to keep the whole of Ste-Anne's high for a month. Apart from the relocated societies, councils and committees, it looks like it will be a good place to hang out, relax, play pool and listen to music of your own choice, which is what this college needs desperately... a place to be when the profs aren't bending your ears with knowledge you will be needing to make your lives meaningful,

fulfilling and hopefully profitable... Meanwhile in the midst of all this confusion, you can congregate in the vending machine room (B-1-016 for those of you who don't know).

Now this oasis of the Ms complex comes fully equipped with machines, mostly empty by mid morning and a noticeable shortage of tables, chairs and ashtrays. Like, I mean, us hardy types don't need to sit down while eating, drinking, smoking, listening, talking or heaven forbid, working.

If a deal is what you're looking for, avoid this aforementioned den of iniquity where you'll spend all your photocopying change on plastic food. Instead, head for the CC cafeteria, there they have two great deals (yes, count them folks, two), these are the mega-coffee for 60¢ and the mega-cookie, a low 35¢. Amazing.

Some good news, all you student-working-part-time-

to-afford-macaroni-and-cheese-for-supper types should know that minimum wages are increasing in October; yes siree folks, it's true, now your employers will actually have to pay you \$4.35 an hour. Time to run out and put a deposit on that new car.

Who went to the 50's dance during orientation week? Honestly people, you just can't read signs, I think you should all enroll for English comprehension classes or something. A 50's bash does not mean, try and get through 50 beers before they run out. It means get dressed up. Make an attempt, comb your parents/friends acquaintances wardrobes, grease your hair, act silly; what is with you people, have you no style, must you become stubborn and stuffy before you get to 40.

The following week there was the Engineers' party, everybody made a big effort this time. Almost every single person there looked like

(cont'd on p.7)

L'INSOMNIE: UN PROBLEME A DORMIR DEBOUT...

par Patrice Godin

Deux heures du matin. Vous en êtes à votre troisième tour à tourner sur vous-même.

Vous essayez de comprendre ce qui vous arrive. Votre apparence "maganée" et vos faibles performances du lendemain vous trottent dans la tête. L'insomnie occasionnelle est un désordre qu'on doit corriger le plus vite possible. Sinon, on risque de devenir atteint sur une base permanente.

Au Canada, une personne sur quatre se plaint, par-ci et par-là, de troubles du sommeil.

Une sur 10 est atteinte d'insomnie à fréquence régulière. Ce sont surtout les femmes qui en sont victimes. Les personnes souffrant occasionnellement d'insomnie le sont plus en périodes d'anxiété et de tension.

Des quatre stades distincts du sommeil, les troisième et quatrième sont ceux pendant

lesquels l'organisme se repose et récupère le mieux. Il semblerait que ces deux stades correspondent à la période de reconstitution des cellules. Le plus souvent, ce sont ces deux phases importantes qui faussent compagnie à l'insomniaque.

CAUSES:

L'insomnie a, depuis longtemps, été divisée en trois types: 1) difficulté à s'endormir 2) réveils fréquents durant la nuit 3) réveils tôt au matin. Les trois types sont apparemment soignés de façons similaires. Un grand nombre de causes expliquent les débuts d'insomnie. Par exemple, un sirop pour la toux, un antihistaminique ou un contraceptif oral peuvent causer l'insomnie passagère. En de telles circonstances, on doit vite trouver des alternatives à ces substances pour éviter de devenir insomniaque permanent. Les problèmes psychiatriques tels que schizophrénie, désordres affectifs et dépressions nerveuses sont causes fréquentes de difficulté à

dormir. Il y a aussi les problèmes psychophysiologiques ceux-là étant les plus communes: dormir dans un endroit inhabituel, obtention d'un nouvel emploi (ou d'un emploi, tout court!), examens importants. Des maladies chroniques comme le diabète et des douleurs continues comme l'arthrite sont également sources importantes de problèmes de sommeil. N'importe quel excès (relatif à l'absorption habituelle) de médicaments, de drogues ou d'alcool peut causer l'insomnie.

Evidemment, tout stimulant élimine le goût d'aller se coucher; mais malgré son absence apparente, la fatigue demeure présente.

Cela peut paraître étonnant mais l'abus de somnifères est un des facteurs importants causant l'insomnie. Les personnes consommant régulièrement de l'alcool sont sujettes à de fréquents réveils entre les différents stades du sommeil. Les drogues hallucinogènes, comme la marijuana et le hashish,

contiennent des substances qui, à certaines concentrations, augmentent le rythme cardiaque et par conséquent éloignent les possibilités de relaxer. Dans la cigarette, la nicotine stimule les battements cardiaques. Cette substance provoque également la sécrétion de l'hormone adrénaline qui accroît considérablement le rythme cardiaque et la sécrétion de glucose dans le sang. Ceci rend le (la) fumeur(se) débordant(e) d'énergie autant au niveau physique que mental...

L'insomnie peut donc vous atteindre par plusieurs moyens.

Éliminer la cause suffit souvent à enrayer l'insomnie du même coup. Cependant, ceci peut vous sembler fastidieux et irréalisable. On peut alors tenter de s'attaquer directement à son insomnie. Il existe plusieurs recours à cet égard...

Suite dans la prochaine édition du Harvest.

ENTERTAINMENT

THEATRE: UN ANGLOPHONE SURVIT-IL A MONTREAL?

by Nicole Leroux

Un Torontois arrive à Montréal; jusque-là tout va bien... Mais lorsque cet Anglais décide de vivre dans la 2e capitale française au monde, oh là là .. Ça se complique? Bien sûr, on qualifie Montréal d'anglophile (ou bien est-ce anglophone?) mais la réalité confirme-t-elle cette affirmation? Rien n'est moins certain...

Anglo. Exclamation de surprise, d'interpellation, de stupeur ou d'effroi? Nul peut aisément trancher puisque, en fait, ce cri reflète un mélange de sentiments: surprise du piéton typiquement québécois; interpellation de l'inspecteur de l'Office de la Langue Française; stupeur du "bourgeois gentilhomme" français et enfin, effroi du Xénophobe-anglophone... Anglo. c'est tout ça et bien plus.

La parodie musicale intitulée Anglo. et présentée par Player's Place au Puzzle-Scène de l'Hôtel du Parc, s'impose à nous comme une énorme critique du milieu franco-anglophone de Montréal. Certains critiques la qualifient même de "Broue, style anglo-québécois".

Libre adaptation du livre "The Anglo Guide to Survival In Quebec" cette pièce à 5 comédiens possède certes de nombreuses facettes drôles et/ou réalistes. On y apprend, entre autre, que le peuple québécois bouffe une énorme quantité de p'tits gâteaux Vachon (ce qu'on sait déjà), que ses piétons sont très indisciplinés aux intersections des rues (particulièrement sur les feux rouges.) et que sa Police Française guette tout ce qui s'annonce d'anglais dans le détour...

Présentée en plusieurs sketches arrosés de chansons rythmées, l'action tourne autour de Bob, le Torontois dont je parle en début d'article, homme d'affaire plein de bonnes intentions mais dont l'adaptation sera difficile à cause du "joual" et des canadianismes juteux.. N'empêche que ce cher Bob se débrouille fort bien dans son nouveau milieu... Comme le font d'ailleurs bon nombre de francophones engloutis dans le flot anglophone des études en anglais...

Enfin, si vous détestez le théâtre psychologique lourd, vous aimerez sûrement cette comédie révélatrice légère. Dernier détail: votre portefeuille se doit d'être bien garni avant de vous présenter au Puzzle-Scène car le prix du billet à lui seul vous coupe le souffle... Donc, cela se passe à l'Hôtel du Parc, sur le Puzzle-Scène, rue Prince Arthur Ouest... Pour un bon divertissement, "Rendez-vous-y".

A la prochaine...

THE FILM BUFF

by Lisa

The "generous" contribution of the McGill Daily to our lowly campus (in the form of the Entertainment supplement) made me think

that a few movie reviews might be a good idea. Unfortunately the latest film "coming to a theater near you" isn't always near us at all, and besides, we don't always want to see the latest box-office selling alien-monster- comes-back-from-the-dead- drives-around-wielding-big-guns-and-blowing-up-commies-then-walks-into-the-sunset type film and to have to shell out \$5 to walk out thinking it sucked.

So, here's the solution, every issue of the Harvest, I'll review a few videos for you to consider renting next time you get restless for some entertainment. I'm sure most of you know someone with a VCR, and I know Laird Hall has one.

The other alternative, if

you want to actually go out to see a film, is the Repertory theatres. We have suffered a blow lately with the demise of the Seville (rest its soul) but a few still exist. In N.D.G. there is the Cinema V on Sherbrooke St. where for \$2.99 you can eat popcorn with real butter and enjoy movies ranging from "just off the circuit" hits to international delight to all-time favorites.

Here is a list of a few of the films showing in the first weeks of October: Brazil, The Official Story, Runaway Train, Kiss of the Spider Woman, Woody Allen retrospective,...

For those of you with unmentionable interests, the saturday midnight showings are as follows: Cafe Flesh, Flash Gordon, Rocky Horror Picture Show, Liquid Sky,...

BMot (cont'd from p.6) an engineer, I mean it must have been hard to find so many unfashionable jeans and boring t-shirts in such short notice. And the sneakers, wow I'm really impressed guys, you went all out on this one.

I can hardly wait for the Dietitians' party: do we all have to dress in pink furry sweaters and cute socks and dye our hair blonde? Do we have to bring our own celery sticks?

YAY, for student participation....

No complaints about the HH move please. If you didn't want your various student services on the other side of a field (and a snow-laden field within a few short months), you should have done something about it last term: You should have stopped thinking about your GPA and considered your campus and the power you have as students to do something about it. Then maybe you wouldn't have any regrets now, when it's too late. The committee gave you fair warning, they announced their meetings in the Mouthpiece, they posted the dates for the voting, they even hinted at the importance of a move like this to students and their activities. So, there is no excuse why every one of you didn't come and exercise what little power to change things that you might have in this world. After all, this move was one where you could actually weigh the

possibilities; do I want a nice building like this to lounge around in, do I want to put my booties on just to have a beer and to listen to some music? A fully explained choice was just placed in your hands. Not like the real world. Do you know what Dupras and Dore are actually offering the city in their mayoral campaigns? Does it make a difference in the end?... I arrest my case.

WFDay (cont'd from p.1) on the actual site of capture rather than returning the catch to shorebased factories. Sophisticated sonar devices have been developed which can detect and identify promising fishing grounds. Finally, some fleets actually have spotting-aircraft, which localize the dense schools of pelagic fishes which they pursue. While these developments have improved the cost/benefit ratio, and greatly expanded the yield of fisheries, it is little wonder that the pressures on stocks have mounted to the point that natural reproduction is not capable of replacing the animals that have been captured.

These are two major challenges to fisheries today. The first is to match the appropriate technologies to both the proper level of exploitation and a decent monetary return for the fishermen. In part, this

challenge is being met by the discovery and development of fisheries on stocks which have never been fished. For example, the fisheries potential of the Arctic and Antarctic are now being explored. The huge stocks of krill (a small shrimp-like animal) present in the Antarctic are an example of a protein source which is little used at present. Finally, the development of aquaculture holds promise for increasing yields of aquatic animals.

The second is to maintain the quality of the habitat in which the aquatic animals live.

If we continue to use our salt and fresh water areas as open sewers for toxic chemicals, and indiscriminately destroy the habitat necessary for these animals to live in, we cannot expect to maintain our fisheries.

Our hope is that this year's World Food Day ceremonies will help people to reflect on this question.

NICAR. (cont'd from p.5)

Given it costs \$2000 U.S. to ship a container, our aid has to be selective and aimed at people's real needs and not at clearing old stuff from our closets.

This year Tools for Peace is intending to make a special effort to concentrate on the six pilot projects as Nicaraguans have requested. Your help is appreciated. A final word: the campaign will be on until mid November.

PROBLEMES STRUCTURAL ET CYCLIQUE.

par Pierre Chapedelaine

Depuis déjà quelques années, les universités du Québec font face à des difficultés financières.

C'est ainsi que depuis 4 ans, l'université McGill, comme d'autres, accumule déficit sur déficit. Un déficit accumulé de \$10 millions. On peut expliquer ces déficits chroniques par différents facteurs.

C'est dans cet esprit que le ministre de l'Enseignement Supérieur et de la Technologie Supérieure, M. Ryan, a mis sur pied une Commission Parlementaire afin de mieux saisir l'ampleur du problème et d'y apporter une solution. Tous les intervenants du milieu intéressés par ce dossier ont été invités à présenter un mémoire.

D'ores et déjà tout ce petit monde s'entend pour dire que les universités souffrent d'un problème de sous-financement: c'est d'ailleurs l'objet de cette commission.

Ce qui fait moins l'unanimité ce sont: les causes, les effets, et les solutions apportées, de même que les enjeux qui y sont rattachés. Ces enjeux sont énormes tant au niveau économique que social. En effet puisque le vrai débat est de savoir qui paiera la note?

A qui ou à quoi doit-on ces déficits?

Certains diront qu'au début des années 70, la part des étudiants représentait environ 14% de l'enveloppe budgétaire.

Et qu'en 1986, elle n'était plus que de 7%, en sachant que les frais n'ont pas été augmentés depuis 1970. (d'où le manque à gagner d'environ 7%).

De plus les frais de scolarités pour les étudiants des universités québécoises sont les moins coûteux au Canada. En Ontario, par exemple, la part des étudiants se situe à environ 14% de l'enveloppe budgétaire, soit un peu plus du double qu'au Québec.

Parcontre certains autres crieront au grand désarroi devant une telle déclaration: c'est automatiquement l'accessibilité à l'université qui est remise en question dans l'éventualité d'un doublement

des frais, et c'est une priorité que notre société s'était fixée.

En sachant très bien que la moyenne des fréquentations universitaires chez les québécois est encore sous la moyenne nationale, l'accessibilité ne devrait pas être touchée par une hausse des frais de scolarité.

D'un autre point de vue, le gouvernement réplique que l'accessibilité serait maintenue en accordant une hausse équitable des prêts et bourses.

Les étudiants ne se laisseront pas bernier, puisque c'est là une fausse solution: en haussant les prêts, ce sont les étudiants qui s'endettent (et qui paieront la note de toute façon).

Un autre son de cloche venant principalement des associations universitaires du Québec met en cause la mauvaise gestion des universités: des exemples concrets de mauvaise gestion sont mis à jour, dénoncés auprès de la Commission Parlementaire.

On peut très bien imaginer ou soupçonner qu'il y ait des failles au sein même d'une administration universitaire. Mais une question est posée: Est-ce vraiment la cause fondamentale du problème? Ou, est-ce seulement une porte de sortie ou échappatoire devant notre propre responsabilité face au problème?

Il est vrai que dans l'objectif d'une meilleure gestion au niveau de certains services aux étudiants, ces économies de bouts de chandelle n'apporteront pas de véritable solution dans une perspective à long terme et le problème referra surface dans quelques années. Cela pourrait même devenir un phénomène cyclique si ce problème n'est pas réglé.

Le financement universitaire: un problème structurel.

Le financement des universités est en soi un problème très complexe par sa nature, et dû principalement à son milieu.

Ce n'est pas en haussant les frais de scolarité, sans apporter de modification sérieuse au système qui réglera le problème. Une telle solution ne pourrait être que temporaire et le problème deviendrait un problème cyclique i.e. continuellement réglé par des mesures temporaires.

Des réformes au niveau de la redistribution des enveloppes budgétaires seront nécessaires tenant compte du coût relié à chacun des programmes offerts dans chaque discipline. "Le Basic Income Unit" tel que mis en place dans le système universitaire Ontarien est un excellent modèle à suivre à ce niveau. Des réformes au niveau de la gestion des universités.

Le conseil des U devrait être soumis à un plus grand contrôle de la part du gouvernement. Ceci afin que des comptes soient rendus sur l'utilisation des fonds publics de façons à minimiser les risques de dilapidation des fonds, et ce, dans l'esprit qu'une bonne gestion soit assurée.

Depuis 1970, les frais de scolarité n'ont pas été indexés mais les coûts reliés à l'éducation le sont d'où un manque à gagner qui occasionne de sérieux problèmes financiers. Si le gouvernement avait adopté une loi visant à indexer les frais de scolarité des 1970, le problème ne serait peut-être pas ce qu'il est aujourd'hui.

Devant un tel contexte, les étudiants paieraient le double de ce qu'ils paient maintenant. Mais aujourd'hui si le gouvernement décidait de rattraper le temps perdu en doublant ces mêmes frais, la pilule serait beaucoup plus difficile à avaler.

En sachant que nos

prédécesseurs ont profité d'une éducation à coûts modiques pendant plus de 15 ans, nous n'avons plus qu'à payer pour les largesses d'un gouvernement, un fardeau dont nous ne sommes pas responsables. En espérant qu'encore une fois cette "génération de l'acceptation globale" saura accepter cet état de fait sans contestations.

Mais le Ministre Ryan se trouve à l'heure actuelle dans un dilemme tout à fait intenable, puisque lors des dernières élections provinciales il avait justement promis, en grand protecteur de la veuve et de l'orphelin qu'il était alors qu'il ne toucherait pas au frais de scolarité et de plus la commission jeunesse de son propre parti s'oppose à toute hausse des frais de scolarité. Par compte les comités des sages (Scowen et Gobeil) de son propre gouvernement recommandent une hausse des frais de scolarité. Sans compter toutes les pressions externes faites par le C.P.Q., le Conseil des U., de la CREPUQ, etc.

C'est un problème très complexe auquel fait face actuellement M. Ryan, tant au point de vue économique, politique que social.

La patate est très chaude M. Ryan et elle est entre vos mains.

